# Next steps of Meditation

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**This article is the next step to my previous article on "What is Meditation / Dhyan/ Chan/ Zen? – misconception & confusion" dated** 11 February 2012.

With daily meditation practice, as your consciousness of mind grows, you can start getting into an absolutely different type of joy. Here, on the path of meditation people start getting various experiences like sensing a strange fragrances or clairvoyance or clairaudience, unknown joy or warmth etc. Everyone gets different experiences and there is a possibility that one may not get any such experience at all.

However, once a person starts concentrating his/ her mind, the next steps are also equally important for his/her spiritual advancement.

**Following points are also important on the path of Meditation:**

1. **Balanced mind during the whole day.** Peace during meditation and anger, jealousy during non practicing time is a contrast and derails the benefits of meditation.
2. **No craving or aversion.** Our mind is so subtle that we never realize that it sneaks out of control. It either dwells in the past or future, and on **craving or aversion** without our knowledge. (Pl. read these examples. When you are watching any sports tournament, don't you get excited? Don't you wish your country's win and the opposing team's defeat? **OR** When you are late to catch a train, don't you wish that the train to get delayed? Your wishes are not going to control the universe, but derails the peace of mind and keeps anxiety active.
3. **Watching your inner beauty coming out.** With the daily practice of meditation, as the mind starts calming down, slowly and steadily the inner truth of mind starts coming out. This is nothing but peace, joy and unbiased love for everyone. Your awareness increases and somehow your own mind acts as a mirror for your own mind.
4. **Do not expect anything out of meditation.** As per the Buddhist philosophy, you should not even think of enlightenment. Just keep practicing your meditation method without any expectation from it. The more the detached attitude, the better are the benefits. Isn't it true that when you don't expect or don't have craving you are happy?
5. **Beware of temptations to use false power achieved by meditation.** The false belief of power of manifestation, may tempt many to use it. And if one does it, the further progress of meditation stops and perhaps bring you back to zero.

Your valuable feedbacks, critiques , suggestions are welcome.

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